

Living Free in the Midst of Stress

**Thursday, May 28, 2009
6:00pm-8:00pm**

Open to the general public—all adults welcome to attend.

A FREE seminar and discussion on living our lives amidst the daily stresses will be presented by Randy Clendenin, Author of Relationship: Building Bridges to Connect People, President/Founder of Relationship Coaching, Inc. in Southern Pines, NC, where he gives counsel and coaching to marriages, families, and individuals in the area of relationship. Randy will coach us on how to move from surviving to thriving, resting in the chaos, and recognizing life principles that yield hope!

Registration requested: 919-776-0501 x 201

The Enrichment Center

NC Certified Senior Center of Excellence

1615 S. Third St., Sanford, NC 27330